

right union of the modulations of the voice and actions of the body as natural signs of the speaker's experience.

VERBAL EXPRESSION is the representation of ideas by conventional symbols or words.

VOCAL EXPRESSION is the manifestation of the processes of thought and feeling through modulation of the tone.

PANTOMIMIC EXPRESSION is the action of the body revealing activities of being.

A FUNDAMENTAL is a primary truth, action, or condition which lies at the basis of other elements.

AN ACCIDENTAL is a secondary fact, truth, condition, action, or modulation which is more external and conditioned.

MODULATIONS are expressive actions of the voice and always imply a spontaneous element.

MANIPULATIONS are volitional productions of any action of the voice or body. They are always mechanical and imply absence, or suppression, of the spontaneous elements.

TRAINING is the process of making normal or perfect any organism by stimulating natural processes of growth and development. It is a conscious and deliberative stimulation of nature's own processes.

A STUDY is an observation or experiment to find a fundamental action or condition.

A PROBLEM is a synthetic exercise or endeavor to secure a condition or outward effect by stimulating the psychic cause.

A TECHNICAL EXERCISE is some fundamental action to be correctly practised in accordance with a principle.

## II.

### CONCENTRATION AND ITS EXPRESSION.

Since expression is an effect as natural as the blooming of a rose and as spontaneous as the song of the bird, to improve it requires primarily the stimulation of its mental cause. Hence, it is necessary first to develop the actions of the mind which directly produce modulations of voice or their natural signs.

1. ELEMENTS OF THINKING. The principles regarding fundamentals apply not alone to voice modulations but to every phase of expression. Not only is thinking fundamental to expression, but thinking itself has certain fundamental elements which must be carefully observed.

The primary elements of thinking are: first, concentration upon one point, and secondly, a leap of the mind to another.

Note for example, that after a walk down the street as you recall the persons you met or the objects that awakened attention, your mind concentrates attention upon one point after another. Or if you think over some walk you have taken along a country road your mind will concentrate upon a tree here and a rock there, upon a house on this side and a barn on that, upon some bridge or cluster of flowers, some distant view, upon whatever attracted observation. The mind in thinking leaps from one conception to another as the eye leaps from object to object.

We can dominate this process of thinking by holding or concentrating attention upon successive objects and





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